BROUGHT TO YOU BY

GETTING COVERED

Young Adults and Cancer

Cancer is a scary word. We've all been affected by it one way or another, but many of us forget that it can and does happen to young adults too -- cancer doesn't discriminate. In fact, cancer incidence is growing fastest in teenagers and young adults, when compared to children, baby boomers and seniors. The reasons are still up for debate, but it is a growing reality.

Get Covered

» **Cancer is one of those catastrophic scenarios** that remind us why getting health insurance is so important. Check out our other flyers like **"How to Join Your Parent's Insurance Plan," "Should I Buy a Student Health Insurance Plan?,"** or **"What Do You Need To Know If You Have a Pre-Existing Condition"** to help you figure out what your coverage options are if you are battling cancer, have in the past, or are worried that you will in the future.

Reduce Your Risk

» **Diet and exercise are only a part** of reducing your risk for certain cancers. Here are your top 5 dos and don'ts:

1. Don't smoke or tan.
2. Limit alcohol and caffeine consumption.
3. Avoid sodas and artificial sweeteners.
4. Know your skin. If something looks suspicious, visit **SpotASpot.org** or see a dermatologist.
5. Conduct routine breast and testicular self-exams and get an annual Pap smear, which will be free under any new plan as part the health care law (see **"Tips for Young Women"**).

The Types of Cancer That Young Adults Get

» **Unlike older Americans who** typically get Lung, Colorectal, Prostate and Breast cancers, the top cancers in teens and young adults are Melanoma, Testicular Cancer, Thyroid Cancer, Lymphoma and Sarcoma.

Challenge Your Doctor and Get Second Opinions

» **Many doctors are not trained to identify cancer** in young adults, and sometimes fail to seriously consider early symptoms. Be prepared to stand up for yourself, demand to be taken seriously and, if they tell you "it's probably nothing, come back in 6 months," ask another doctor for a second opinion!

Support Young Adult Cancer Awareness

» **70,000 young adults are diagnosed** with cancer each year, or one every 8 minutes. Get involved. Take action and stand up for your own generation's cancer rights within the health care system. Visit **http://StupidCancerArmy.com** today and help young adults fight cancer and win.